

SACRED HEART CATHOLIC CHURCH

WEST DES MOINES



ONLINE MASS SCHEDULE

Sunday
(Live Streamed)
9:00 am
10:30 am en Español

Daily Mass
(Live Streamed)
9:00 am

www.sacredheartwdm.org

**[www.facebook.com/
SacredHeartWDM/](https://www.facebook.com/SacredHeartWDM/)**

**[www.youtube.com channel
Sacred Heart Church WDM](https://www.youtube.com/channel/SacredHeartChurchWDM)**

Parish Office (515) 225-6414
Sacred Heart School (515) 223-1284

1627 Grand Avenue
West Des Moines, Iowa 50265

WE ARE IN THIS TOGETHER!

These are unusually difficult times for many people in our community right now. Many hard working people are finding themselves having trouble making ends meet to put food on the table or pay the bills. Many others are struggling to make sense spiritually in day-to-day life. And, still others are faced with an unbearable lonesomeness.

We want you to know - you are NOT alone! At Sacred Heart Church, we are here to help - spiritually, financially, socially. We will make it through this tough time!

For further information, please visit the Sacred Heart Resource Guide at www.sacredheartwdm.org/resource-guide. If you are not already receiving weekly emails from Sacred Heart Church, please send your name and email address to office@sacredheartwdm.org to be added to our list. We are always able to help you by calling the Sacred Heart Church office at (515) 225-6414.

Esto es un tiempo difícil para muchos miembros de nuestra comunidad. Mucha gente se encuentra en una situación en que es difícil pagar todos los recibos, o tener suficiente comida para su familia. Hay otros quienes están teniendo dificultad en mantener su vida espiritual activa. Y también hay otros quienes se sienten tan solos mientras mantienen la distancia social.

¡Queremos que usted sepa – NO estas solo! La Iglesia Sacred Heart está aquí para ayudar – espiritualmente, financieramente, y socialmente. Esta información es para todos los quienes están teniendo dificultades en este momento. Esperamos que les ayude. Por favor compártelo con otros. ¡Sobreviviremos estos tiempos difíciles juntos!

WELCOME

If you are new to our Sacred Heart Parish and wish to be a member of the Sacred Heart Catholic Church, please stop by the parish office or call 515-225-6414 to facilitate the New Member Registration. We have programs and activities available for all ages. We offer the RICA program for those who wish to become Catholics. [We invite you to become involved as an Active Apostle at Sacred Heart Parish!](#)

BIENVENIDOS

Si usted es nuevo al Sacred Heart (Sagrado Corazón) y quiere ser se miembro, por favor pase por la oficina de la iglesia para obtener el paquete de registración. También se puede facilitar un paquete por correo si llama al 515-225-6414. Si usted necesita ayuda en español, por favor llame al 515-225-0546 para comunicarse directamente con la Directora del Ministerio Hispano. Tenemos programas y actividades para todas edades. También ofrecemos el programa de RICA para los quienes desean convertirse a la fe católica o los quienes necesitan terminar sus sacramentos de iniciación. [¡Los invitamos a participar como Apóstoles Activos en la Parroquia de Sacred Heart!](#)

SACRED HEART PARISH CONTACTS



FR. CHRIS HARTSHORN, PASTOR
chris.hartshorn@sacredheartwdm.org



**FR. NIPIN SCARIA THAKIDIPURATHU,
PAROCHIAL VICAR**
FrNipin@sacredheartwdm.org

Rev. Mr. Ed Garza, Pastoral Care, Deacon
ed.garza@sacredheartwdm.org

Rev. Mr. Randy Horn, Deacon

Rev. Mr. Ron Myers, Deacon

SACRED HEART MINISTRY STAFF

Joan Miller, RCIA Director
joan.miller@sacredheartwdm.org

Leah Mohlman, Minister of Music and Liturgy
leah.mohlman@sacredheartwdm.org

Sue Reichart, Adult Faith Ministry Director
sue.reichart@sacredheartwdm.org

Sarah Sheerin, Youth Ministry Director
sarah.sheerin@sacredheartwdm.org

Kayla Richer, Children's Faith Formation Director
kayla.richer@sacredheartwdm.org

Karla Vaquerano Willis, Hispanic Ministry Director
karla.willis@sacredheartwdm.org (515) 225-0546

SACRED HEART SCHOOL STAFF

Jane Kinney, Principal
jane.kinney@sacredheartwdm.org

Scott Ehlinger, Vice Principal
scott.ehlinger@sacredheartwdm.org

Divine Renovation at Sacred Heart

VISION OF OUR CATHOLIC COMMUNITY OF SACRED HEART:

Sharing the Good News of God's Love through Active Apostleship

OUR DEEPEST SYMPATHY AND PRAYERS TO THE FAMILIES OF THE FOLLOWING...

Kenneth Bush Father of Teresa Dunbar	Paul Latta Parishioner
Tina Cannon Parishioner	Antonia Leon Parishioner
Brad Cudal Former Parishioner	Jim Segreto Parishioner
Eugenia Dolski Parishioner	Retha Sharp Parishioner
John Heffernan Parishioner	Phillip Sinnwell Brother of Parishioners
Mike and Madalyn Marxon Sister and Brother-in-law of Parishioner Sue Bata	Larry Sinnwell and Theresa Sheerin

...GOD GRANT THEM ETERNAL REST

PLEASE PRAY FOR
POR FAVOR ORE POR

Irene Castelline
Amy Jo & Jon Finnegan
Gavin McCoy
Teresa Kordick
Linda Ashby-McFarlane
Gene McLaughlin

Connie McGinn
Casey Conner
Viola Dubay
Lisa Budde
Gary Julius
Dale Mason

All those who have been impacted by the coronavirus.

Please let us know of if you would like us to pray for you. Call the office or Deacon Ed at 515-225-6414.
Por favor déjenos saber si usted conoce una persona quien necesita oraciones de la comunidad. Comuníquese con Karla.

4TH SUNDAY OF EASTER

Message of the Week

We are the sheep. Jesus is the gate.

SACRED HEART MASS AND INTENTIONS: THE WEEK OF MAY 3, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
9:00 am Online Sunday Mass Mass Intentions: Lucy DeMarco, Bernard Scott, Moore and Leon Family	9:00 am Online Daily Mass Mass Intention: Edo Sporer	9:00 am Online Daily Mass Mass Intention: Judy Cernohous	9:00 am Online Daily Mass Mass Intention: Marcella Robbins	9:00 am Online Daily Mass Mass Intention: Marie Schaufenbuel	9:00 am Online Daily Mass Mass Intention: Helen Valdez	9:00 am Online Daily Mass Mass Intention: Christopher Salgado
10:30 am Online Sunday Mass (En Español) Mass Intention: SH Parishioners						

YOUTH MINISTRY "SMASH"

Student Ministry at Sacred Heart offers spiritual, service and social opportunities to teens in grades 9-12. Contact Sarah Sheerin, Director of Youth Ministry, for more information at 225-6414 ext. 320 or Sarah.sheerin@sacredheartwdm.org.

DEALING WITH LOSS DURING A PANDEMIC

By Sarah Sheerin

This last week, my uncle Phillip passed away from cancer- he was diagnosed with pancreatic cancer in late February. My uncle and I weren't particularly close, as he's on my mom's side of the family and she is one of eleven children- yep, eleven, so that means there's a lot of us. However, as much as we weren't super close, he always made a point to come talk to me at every family gathering, and he was always there willing to help with anything. Phillip had probably been in most all of my families' homes as he was great at home projects and loved helping other people with theirs.

Losing my uncle was hard, especially because it happened so quickly. When my dad was diagnosed with pancreatic cancer, he lived for two more years. When my grandma was diagnosed with stage 4 lung cancer, she lived for three more years. But what makes this loss the most difficult, is that my family wasn't able to be fully together to celebrate who my uncle was. We had to practice social distancing for the visitation, funeral, and graveside service. I wasn't able to hug my family and had to find a different way to support them. This included a lot of reflection and sharing, and just being there (in a socially distant way). I have found comfort in the ones I am able to be close to, my mom and sister.

I have also found comfort in the Lord. This Easter season I am receiving a daily email that offers a reading and/or reflection. The last couple days have focused on Jesus bringing the little girl back to life saying, "Arise". The woman who did today's reflection talked about hitting "snooze" on Jesus. That is something I was definitely starting to do during this lock-down. I have so much time for prayer and reading and being with the Lord, but then I procrastinate, telling myself I'm not in the mood and I can do it later.

I realized I was starting to feel heavy and sluggish, with the lack of in-person Mass and physical community, I allowed myself to put my earthly desires before the Lord and what He desires for me. So now, every day, I start my day with this reflection and in a short prayer of talking to the Lord telling Him how I am feeling that day. I haven't moved mountains or anything, but I am moving myself and that is all I can expect.

Parishioners Helping Parishioners

If you are in need of a grocery store run or a phone call of friendship, please reach out the Sacred Heart Church office. We can find someone to help! On the flip side, if you are able to help, also contact the office and we hopefully can find you a friendship buddy during this difficult time. If you need any assistance, please call the church office at 515-225-6414 or email us at office@sacredheartwdm.org.

Parroquianos ayudando a parroquianos!

Por favor llame a la oficina si usted se encuentra en necesidad de ayuda en ir a la tienda, o simplemente quiere recibir una llamada de amistad. Por la misma razón, si usted puede ayudar en ser una amistad para alguien durante este tiempo difícil, estamos buscando voluntarios. Usted puede llamar al 515-225-6414 o mandar un correo electrónico a office@sacredheartwdm.org

Access FORMED TV! Free for all Sacred Heart Parishioners!

If you haven't already checked out FORMED, now would be the perfect time! FORMED is a great gift thanks to Sacred Heart in which you have full access to the best Catholic movies, ebooks, audio and studies for all ages!

5 Easy Steps to log in:

- 1) Go to formed.org
 - 2) Click "Sign up"
 - 3) Select "I belong to a Parish Organization"
 - 4) Look for "Sacred Heart Parish, West Des Moines, IA" and hit select
 - 5) Create an account with your name & email
- It's that easy!

¡Accede la página de FORMED TV! ¡Es gratis para todos los parroquianos de Sacred Heart!

¡Esto es un buen tiempo para investigar el contenido en FORMED! FORMED es un regalo maravilloso de la parroquia a sus parroquianos. Tiene acceso a las mejores películas, libros y estudios católicos para todas edades. Contenido disponible en inglés e español.

5 pasos para hacer una cuenta:

1. Haga clic en el enlace formed.org
 2. Haga clic en "Sign Up"
 3. Seleccione "I belong to a Parish Organization" (usted pertenece a una parroquia)
 4. Busque "Sacred Heart Parish, West Des Moines, IA" y haga clic en "Next"
 5. Crea una cuenta con su nombre y correo electrónico
- ¡Es fácil!

If you are homebound or hospitalized, or will be hospitalized, and would like a visit from the Pastoral Staff or need Anointing of the Sick, please contact the Parish Office. Our priests and pastoral care minister will be happy to make a pastoral visit if you wish. ed.garza@sacredheartwdm.org

FIVE WAYS TO MANAGE STRESS DURING THE CORONAVIRUS OUTBREAK

As the events surrounding the coronavirus (COVID-19) outbreak unfold, it's understandable that you might begin to feel increasing stress. Information is rapidly changing and can be confusing, overwhelming and even scary. You may experience fear and spikes in anxiety. But even if you're managing your anxiety levels well, there's still so much more to deal with.

Whether it's dealing with at-risk family members or patients, a roller coaster economy, trying to juggle work, keeping kids occupied or homeschooling while schools are closed, or simply adjusting to a new, unfamiliar situation, stress can easily pile up and negatively impact you — both physically and mentally.

Clinical psychologist Amy Sullivan, PsyD, ABPP, stresses the importance of planning coping activities. "America is the engine of ingenuity," she says. "Let's be innovative. This is a time where we can really be creative and come up positive coping skills."

5 Steps for Managing Your Stress

Exercise regularly. While gyms are closed and social distancing guidelines are in place, it's still possible to get in aerobic exercise, like walking, running, hiking or playing with your kids/pets, all can help release endorphins (natural substances that help you feel better and maintain a positive attitude). And there are other exercises you can do in the comfort of your own home. Dr. Sullivan recommends yoga and stretching as one way to both exercise your body and calm your mind and it's easy to do by yourself.

Maintain a healthy diet. Stress can adversely affect both your eating habits and your metabolism. The best way to combat stress or emotional eating is to be mindful of what triggers stress eating and to be ready to fight the urge. "If you are someone who is prone to emotional eating, know your triggers, know what stresses you out and be prepared," Dr. Sullivan says. Keeping healthy snacks on hand will help nourish your body, arming yourself nutritionally to better deal with your stress. "Helping to regulate your blood sugar throughout the day is going to keep your body stable and your emotions on a much better playing field," Dr. Sullivan says.

Take a break. "As humans we want control over our lives and in this situation, so we have to learn to manage lack of control," says Dr. Sullivan. While it's important to stay informed of the latest news and developments, the evolving nature of the news can get overwhelming. Find a balance of exposure to news that works for you. This is particularly important for our children. We need to limit their exposure to the media and provide age-appropriate information to them. Whenever reasonably possible, disconnect physically and mentally. Play with puzzles, a board game, do a treasure hunt, tackle a project, reorganize something, or start a new book that is unrelated to coronavirus coverage.

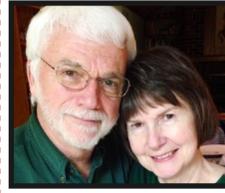
Connect with others. "I can't stress enough how important connection is during times of uncertainty and fear," Dr. Sullivan says. "Fear and isolation can lead to depression and anxiety. We need to make a point to connect with others regularly." Reach out to family members, friends and colleagues regularly via phone, text, FaceTime or other virtual platforms. Make sure that you are checking on those that are alone. Check in regularly with your parents, grandparents and your children.

Get sleep and rest. The ever-changing news environment can create a lot of stress, stress that gets amplified when you don't get enough sleep. It's especially important now to get the recommended amount of sleep to help you stay focused on work and on managing the stress the current outbreak can bring. Dr. Sullivan recommends avoiding stimulants like alcohol, caffeine and nicotine before bed. If you still find yourself too stressed to sleep, consider developing a new pre-bedtime routine, including a long bath or a cup of caffeine-free herbal tea. And planning for tomorrow earlier in your day can help alleviate stress related to what's to come.

Following these steps to manage stress and add a sense of normalcy can go a long way to help you cope with the ever-changing environment and help keep those around you, especially children, calm and focused. If you are not able to manage your anxiety or depression on your own, reach out to a behavioral medicine provider for an in-person or virtual visit. "Take care of yourself and others around you," says Dr. Sullivan.



ACTIVE APOSTLE SHOUT OUT!



Rolla and Mary Lou Hermann

Rolla and Mary Lou Hermann have been members of Sacred Heart Parish for over 42 years! They are active members of the St. Vincent de Paul Ministry for over 12 years.

Rolla has even served as President of SVdP for the last 2 1/2 years. Together, they lead a group of over 40 volunteers in assisting the elderly, the hungry, the homeless and those who are jobless or underemployed right here in Des Moines.

Last year, SVdP opened up a School Food Pantry right here in Sacred Heart School. This Pantry serves the children and families of our school children who qualify for free lunches. We believe that no child should come to school hungry and the Pantry is working! SVdP has also been able to help qualified families with tuition assistance. The SVdP Ministry was able to work in conjunction with the SH Knights of Columbus and the Women's Guild to provide boots, hats, coats and gloves for our school children during the last couple of winters.

Rolla and Mary Lou enjoy leading the wonderful and caring members of the St. Vincent de Paul, who are always there when needed. If you ask them, they will serve. Everyone of the SVdP members should be considered an Active Apostle, because they are! Thank you, Rolla and Mary Lou, for so generously giving of your time and energy to help so many in our community!



SACRED HEART CHURCH

Holy Hour for Healing

Please join Sacred Heart Church
for a Holy Hour of Healing

Tuesday, May 5th

6:30 pm - 7:30 pm

Live Streamed

www.facebook.com/SacredHeartWDM/

Scripture Readings, Special Prayers
and Songs of Praise

To include your special prayer intentions,
please email Julie Nelson at:
juliekaynelson1982@gmail.com



ST. VINCENT DE PAUL GOLF TOURNAMENT UPDATE

The St. Vincent de Paul's Chip in Fore Charity Golf Tournament slated for May 21st at Copper Creek Golf Course is being **postponed** due to the covid-19 virus.

Our goal is to reschedule for the middle of September. The date will be announced soon for this tournament at Copper Creek Golf Course.

St. Vincent de Paul sold raffle tickets for this event at several Fish Fry's. We will conduct this raffle at the rescheduled golf tournament. Details will follow once the dates are known.